



STATE OF WISCONSIN

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For Immediate Release

Wisconsin Heat Awareness Day June 9, 2016

(MADISON) – Heat can kill. Hundreds of people die from extreme heat events each year in the United States. That's why Governor Scott Walker has declared Thursday, June 9th as Heat Awareness Day. Wisconsin Emergency Management, the Wisconsin Department of Health Services and the National Weather Service are reminding people of the dangers associated with extreme heat and to promote community safety and health.

"Heat related deaths and illness are preventable," says Major General Don Dunbar, Adjutant General and Wisconsin's Homeland Security Advisor. "People need to be aware of who is at greatest risk and what can be done to prevent the loss of life."

Remember these tips:

- Stay Cool: Stay in air-conditioned buildings as much as possible and avoid direct sunlight
- Stay Hydrated: Drink plenty of water and don't wait until you're thirsty to drink
- Stay Informed: Watch your local weather forecasts so you can plan activities safely when it's hot outside. Watch for any extreme heat alerts.

People at higher risk of a heat-related illness include:

- Infants and young children
- People 65 years of age and older
- People who are overweight
- People with chronic medical conditions

Where you are most at risk:

- Homes with little or no air conditioning
- Cars

Many victims of heat-related deaths are socially isolated, maintaining little contact with family and friends. This is why it is important to check in on family, friends, and neighbors during extreme heat. Those most vulnerable include very young children, the elderly, and people with heart disease or high blood pressure. Individuals who are on certain medications may also be more susceptible to illnesses during extreme heat events.

-more-

Many cities and counties across Wisconsin open cooling centers during periods of extreme heat. These centers are a great place for people to come into an air conditioned facility and get some relief from the heat. ReadyWisconsin will list open cooling centers on our website: <http://readywisconsin.wi.gov>.

Stay informed on impending heat dangers by following us on:

Facebook: www.facebook.com/readywisconsin

Twitter: www.twitter.com/readywisconsin

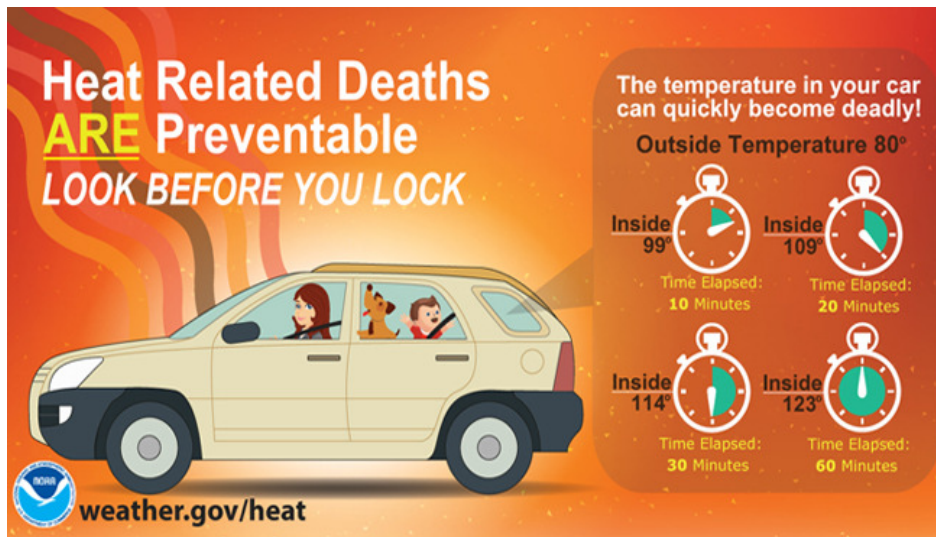
Instagram: www.instagram.com/readywisconsin

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Tips to keep safe in hot weather:

- **Never leave children, disabled persons, or pets in a parked car – even briefly.** Temperatures in a car can become life threatening within minutes. On an 80-degree day with sunshine, the temperature inside a car, even with the windows cracked slightly, can rise 20 to 30 degrees above the outside temperature in 10 to 20 minutes.



- **Keep your living space cool.** If you have an air conditioner, use it. Cover windows to keep the sun from shining in. If you don't have an air conditioner you should consider going to a community cooling center. If you stay at home, open windows to let air circulate. At extreme high temperatures, a fan loses its ability to effectively reduce heat-related illness. When it's hotter than 95 degrees use fans to blow hot air out of the window rather than to blow hot air on your body.
- **Slow down and limit outdoor physical activity.** Plan outings or exertion for the early morning or after dark when temperatures are cooler.
- **Drink plenty of water and eat lightly.** Don't wait for thirst, but instead drink plenty of water throughout the day. Avoid alcohol or caffeine and stay away from hot, heavy meals.

- **Wear lightweight, loose-fitting, light-colored clothing.** Add a hat or umbrella to keep your head cool...and don't forget sunscreen!
- **Don't stop taking medication unless your doctor says you should.** Take extra care to stay cool and ask your doctor or pharmacist for any special heat advice.
- **Taking a cool shower or bath will cool you down.** A shower or bath will actually work faster than an air conditioner. Applying cold wet rags to the neck, head and limbs also cools down the body quickly.
- **Avoid Sunburns.** They can significantly slow the skin's ability to release excess heat

Signs and Symptoms of Heat-Related Illness:

Heat Exhaustion

Symptoms

- Heavy sweating
- Weakness
- Skin cold, pale, and clammy
- Weak pulse
- Fainting and vomiting

What You Should Do

- Move to a cooler location.
- Lie down and loosen your clothing.
- Apply cool, wet cloths to as much of your body as possible.
- Sip water.
- If you have vomited and it continues, seek medical attention immediately.

Heat Stroke

Symptoms

- High body temperature (above 103°F)*
- Hot, red, dry or moist skin
- Rapid and strong pulse
- Possible unconsciousness

What You Should Do

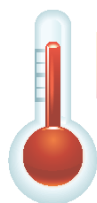
- Call 911 immediately — **this is a medical emergency.**
- Move the person to a cooler environment.
- Reduce the person's body temperature with cool cloths or even a bath.
- Do **NOT** give fluids.



National Weather Service Heat Wave Program in Wisconsin

1. **Outlook Statement** – Issued daily to highlight potential hazardous weather in the next 1 to 7 days. Periods when Heat Index will equal or exceed 95 are mentioned (could lead to Heat Advisory or Excessive Heat Warning conditions). These are issued as a Hazardous Weather Outlook (HWO), broadcast on NOAA Weather Radio All Hazards, and posted on NWS web sites (www.weather.gov).
2. **Heat Advisory** – Issued 6 to 36 hours in advance of a daytime period in which daytime heat index (HI) values of 100 degrees or more are expected. Additionally if daytime HI values are expected to be 95 to 99 degrees for four consecutive days or more an Advisory should be issued.
3. **Excessive Heat Watch** – Issued generally 12 to 48 hours before Excessive Heat Warning conditions are expected.
4. **Excessive Heat Warning** – Issued 6 to 36 hours in advance of any occurrence of a 48-hour period in which daytime heat index (HI) values are expected to be 105 degrees or higher and nighttime HI values will be 75 degrees or higher. Additionally, if four consecutive days of daytime HI values of 100 to 104 are expected, an Excessive Heat Warning will be issued.

For additional information about heat awareness, contact your local public health department, county emergency management director or the National Weather Service.



BEAT THE HEAT:

Extreme Heat

Heat related deaths are preventable

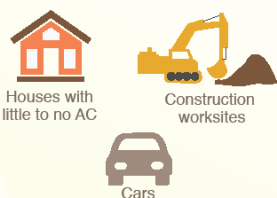
WHAT:

Extreme heat or heat waves occur when the temperature reaches extremely high levels or when the combination of heat and humidity causes the air to become oppressive.

WHO:



WHERE:



HOW to AVOID:



During extreme heat the temperature in your car could be deadly!

Outside Temperature 80°



Time Elapsed: 20 minutes



Time Elapsed: 40 minutes



Time Elapsed: 60 minutes

HEAT ALERTS: Know the difference.

HEAT OUTLOOK

Minor

Excessive heat event in 3 to 7 days

HEAT WATCHES

Excessive heat event in 12 to 48 hours

HEAT WARNING/ADVISORY

Major

Excessive heat event in next 36 hours

DID YOU KNOW?

Those living in **urban areas** may be at a greater risk from the effects of a prolonged heat wave than those living in rural areas.

Sunburn can significantly slow the skin's ability to release excess heat.

Most **heat-related illnesses** occur because of overexposure to heat or over-exercising.

206 people died in the US as a result of extreme heat in 2011.

\$30 BILLION estimated total cost of the 2012 US drought and heatwave.

For more information on ways to beat the heat please visit:
<http://www.cdc.gov/extremeheat/>

CS241620-A



Centers for Disease Control and Prevention
Office of Public Health Preparedness and Response

Wisconsin Heat-Related (Direct and Indirect) Fatalities

Year of Death	# Fatalities
2000	1
2001	24
2002	8
2003	9
2004	4
2005	12
2006	10
2007	5
2008	1
2009	8
2010	9
2011	5
2012	24
2013	11
2014	1
2015	0

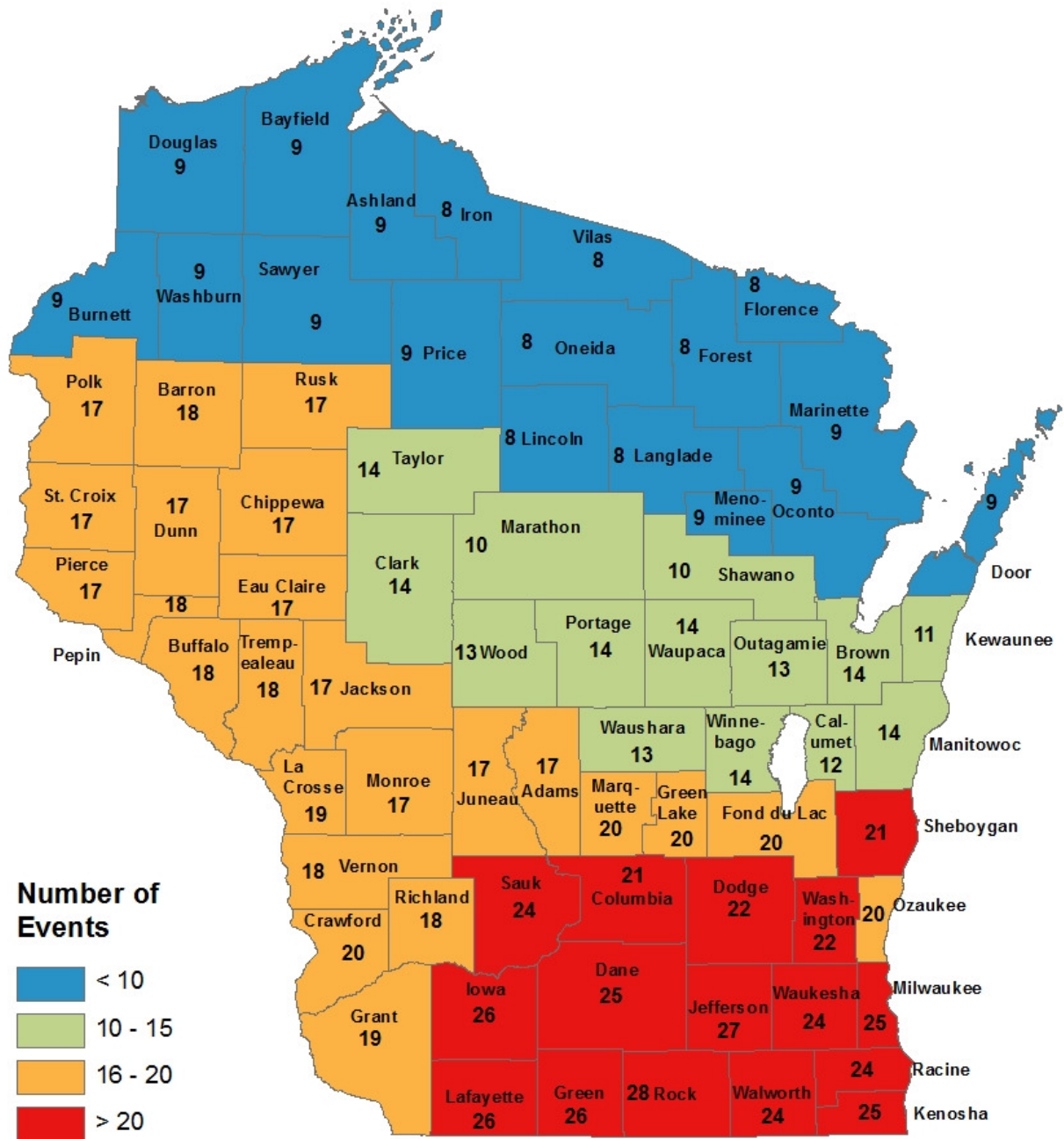
(From Wisconsin Department of Health Services)

Note: Numbers in table are totals of directly and indirectly-related heat fatalities. If heat was the primary cause of death it is a directly-related heat death. If heat was a secondary or contributing cause of death it is an indirectly-related heat death.

For more information, visit <http://readywisconsin.wi.gov> and click on our Heat Awareness section.

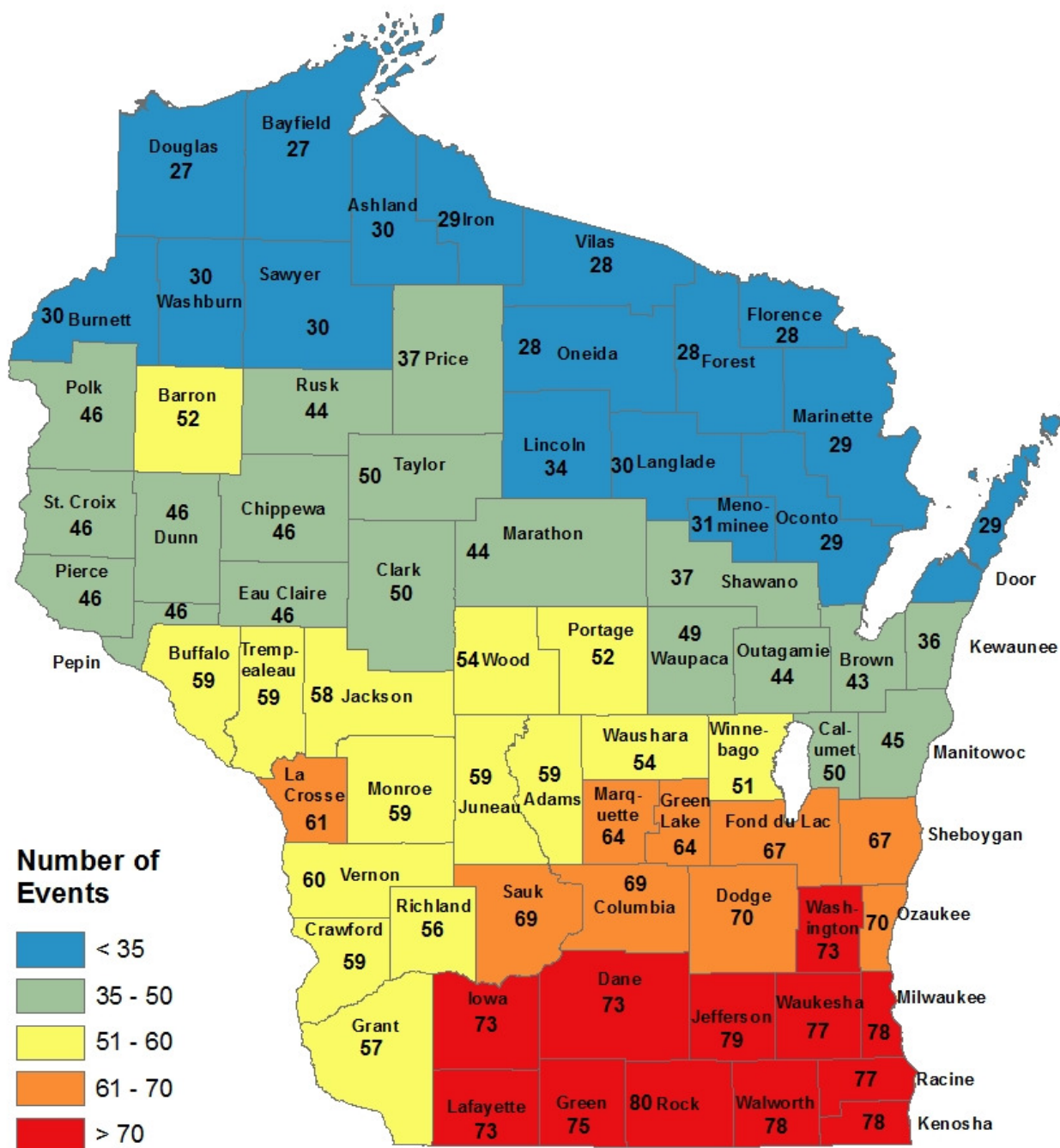


Wisconsin Heat Wave Events 1844 - 2015





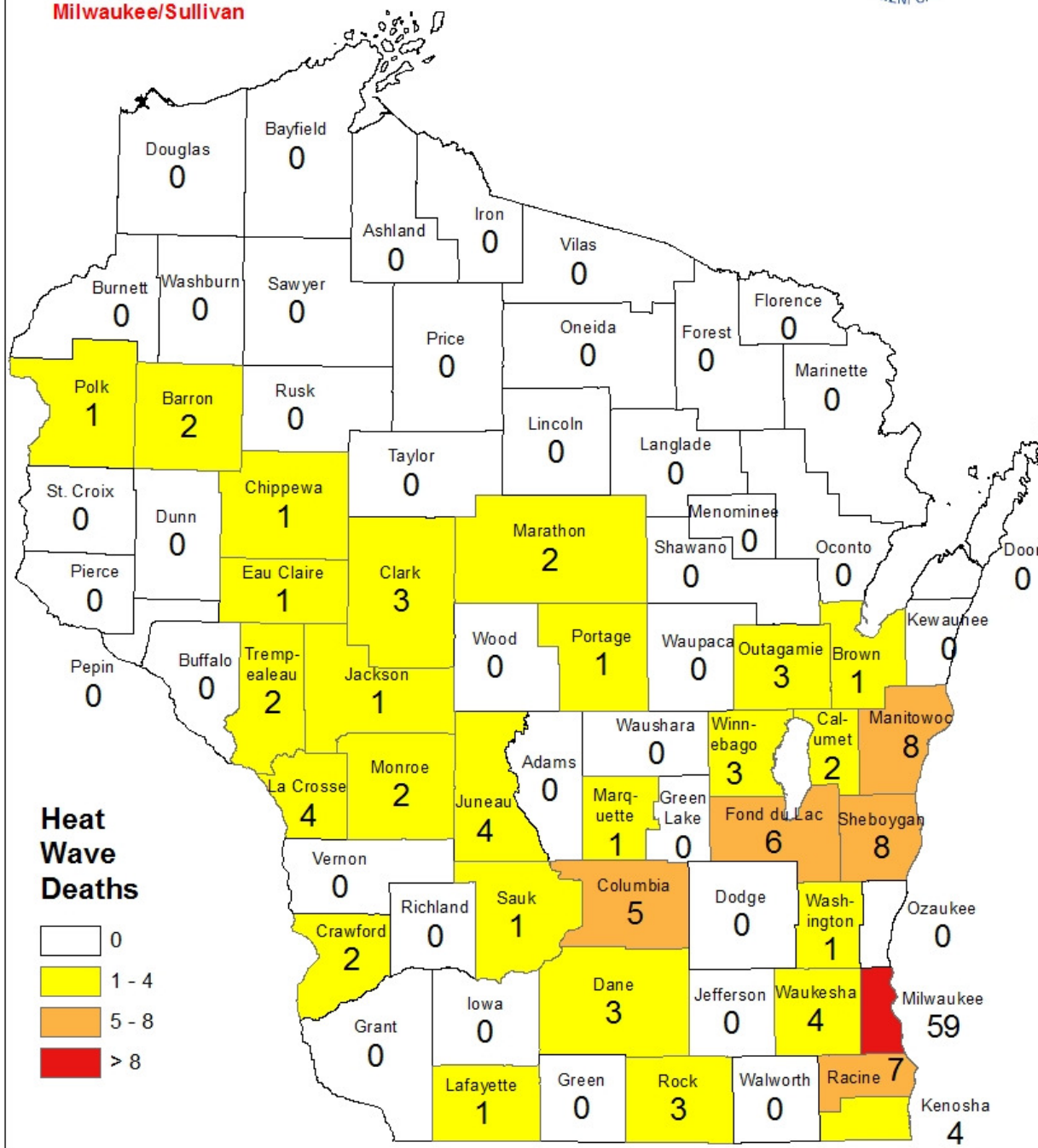
Wisconsin Heat Wave Days 1844 - 2015





Milwaukee/Sullivan

Wisconsin Heat Wave Deaths 1982 - 2015



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